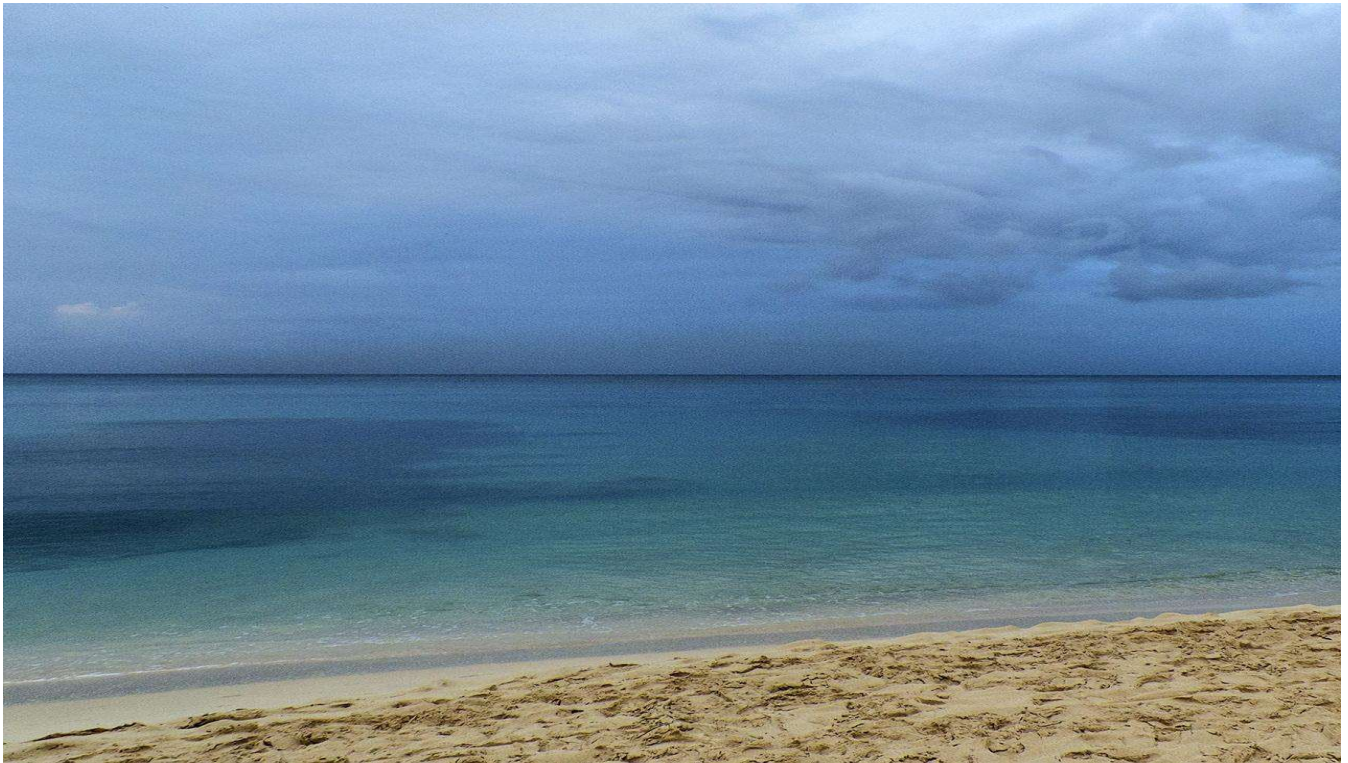


**2023 WORLD TRIATHLON
BRIDGETOWN DEVELOPMENT
REGIONAL CUP**



Athletes Guide-Bridgetown



Sunday May 7th, 2023

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Race Schedule

Saturday 6th May 2023:

2:00 PM (1400 Hrs) Swim familiarization at Brandons Beach (race site), pick up from Plum Tree Club at 1:30 PM (1330 Hrs), depart Brandons Beach for Plum Tree Club at 3:30 PM (1530 Hrs)

5:00 PM (1700 Hrs) Race Briefing, males and females at The Barbados Olympic Association Centre, Sir Garfield Sobers Gymnasium Complex, Wildey, St. Michael, Barbados, pick up from Plum Tree Club at 4:30 PM (1630 Hrs)

Sunday 7th May 2023:

6:30am - 7:30am	Athletes Lounge Open/Close - Uniform and equipment check Females & Males
7:00am - 7:45am	Transition Area Open/Close – Females & Males
7:00am – 7:45am	Swim Warm-up Female & Male
7:50am	Male Athletes Presentation
7:53am	Female Athletes Presentation
8:00am	Male Sprint Start
8:03am	Female Sprint Start
10:30pm	Awards ceremony at the race venue (Rascals Beach Restaurant)
After party	At Rascals Beach Restaurant immediately following the awards ceremony



Race Briefing

Venue: The Barbados Olympic Association Centre, Sir Garfield Sobers Gymnasium Complex, Wildey, St. Michael, Barbados

Date: Saturday 6th May 2023

Start time: 5:00pm (1700 Hrs)

Packet pick up and uniform checks will be conducted prior to the briefing.

Transportation will be provided from Plum Tree Club.

Venue

The Mighty Grynner Highway course is situated on one of the calmest coasts in Barbados, situated a stone's throw out of the capital, Bridgetown. The crystal clear Caribbean Sea gives triathletes the opportunity to view beautiful coral reefs while swimming and the chance to spot a turtle, very likely.

The Bike & Run courses share the same tarmac with almost zero elevation except for a small incline at the north turn on the Bike.

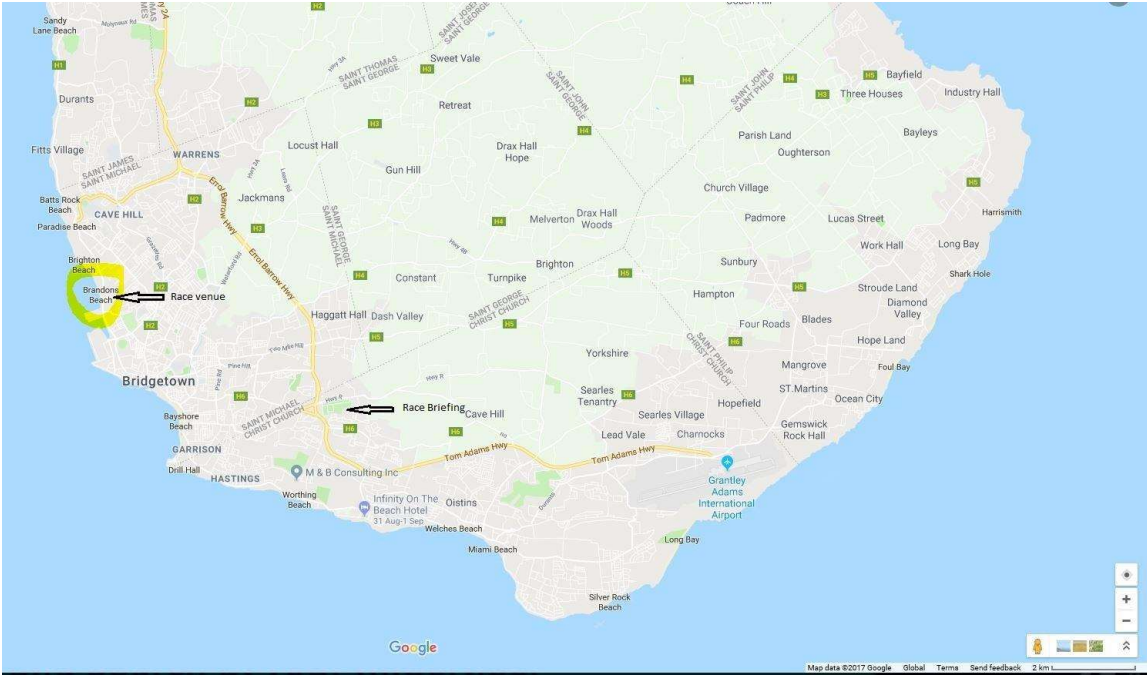
Barbados also boasts some of the best weather conditions in the world with an average yearly temperature of 28 degrees C and water temperature of 26 degrees C at race time.

This beautiful island provides the perfect opportunity for competitors and non-competing partners and families to stay and enjoy the relaxed environment and attractions.

The race venue is located on the Western side of Bridgetown. Most south coast hotels are a 15 to 20-minute drive from the venue depending on traffic.



BARBADOS FEDERATION OF ISLAND TRIATHLETES



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Elite Athletes Lounge

The Athletes Lounge area, under tents, and toilets will be adjacent to the transition area.

Medical Services

First Aid will be available throughout the event and located next to the Athletes Tents. There will be two Ambulances on the course during the races.

Required medical services at the venue are free of charge. Treatment in clinics and at private offices is to be paid by the participants. Athletes / teams should ensure that they have appropriate medical insurance.

For any other medical attention needed outside of the competition, please contact the front desk of your Hotel for a local doctor's details.

Bike Mechanic Service

Taylor's Cycle Centre (246-426-3421) – closed on weekends
Mechanic (Private) Michael Thorpe (246-820-5533 or 438-2453)
Mechanic (Private) Junior Proverbs (246-572-2453)

Security

There will be security personnel in the event area overnight and throughout the event. Marshals will assist and patrol the Field of Play on race day and Traffic management services will be employed in conjunction with the Royal Barbados Police Force.

Information

Contact Numbers for key persons on the Organising Committee: [Area Code: 246]

Organizing Committee email: triathlonbarbados@gmail.com
Darren Treasure: 246-230-0724 (Cell), 246-228-0586 (Home)
Richard Perkins: 246-832-3646 (Cell)



Lynne Wright: 246-230-6314 (Cell)
Anicia Wood: 246-245-7883 (Cell)
Leslie Pujol (Technical Delegate) lesliepujol@gmail.com

Accommodation

The official hotel for the Event is Plum Tree Club. Plum Tree Club offers studio, 1 and 2 bedroom apartments within walking distance to a supermarket and restaurants. If you would like to reduce cost by sharing a room please notify the Organizing Committee, ASAP.

Other suitable hotels are:

- Designated Race Hotel** - Plum Tree Club, <http://plumtreeclub.com/>
- Rostrevor Hotel, <http://www.rostrevorbarbados.com/>
- Coconut Court, <http://www.coconut-court.com/>
- Worthing Court Hotel, <https://www.worthingcourt.com/>
- Infinity on the Beach, <http://www.infinityonthebeach.com/>
- Time Out in the Gap, <https://www.timeoutbarbados.com/>
- Blue Horizons, <http://www.intimatehotelsbarbados.com/content/blue-horizon-hotel>
- Meridian Inn, <http://www.meridianinn.com/>
- Paradise Villas, <http://www.funbarbados.com/Lodgings/paradisevilla.cfm>
- Dover Beach Hotel, <http://www.doverbeach.com/>
- Pirates Inn, <http://www.piratesinnbarbados.com/>
- Sunbay Hotel, <http://www.sunbayhotel.com/>
- Courtyard Marriott, <http://www.marriott.com/hotels/travel/bgicy-courtyard-bridgetown-barbados/>
- Radisson Hotel, <https://www.radisson.com/st-michael-hotel-bb/brbbds>
- Hilton Hotel, <http://www.hiltonbarbadosresort.com/>

N.B. Transportation services will only be provided to and from Plum Tree Club. Should you decide to stay elsewhere you will be responsible for your own transportation.

VISA Requirements

Some countries will require VISA to enter Barbados. See below site for details

<https://www.visitbarbados.org/plan-your-trip/visa-and-entry-requirements>



Bank

There are various ATM facilities across the island. Main Banks are Bank of Nova Scotia, CIBC FirstCaribbean, Republic Bank, Royal Bank of Canada, & First Citizens Bank.

Note: US\$1 = 2 Barbados Dollars (approx.)

Grocery stores

<http://massystores.com/bb/>

Transportation

Transportation will only be provided to and from Designated Race Hotel, Plum Tree Club. This includes:

- Airport arrival and departure,
- Race briefing
- Race site (familiarization and race day)
- Camp facilities
- TO course facilities

No transportation will be provided if staying at a location other than the designated race hotel

Training

The Barbados Aquatic Centre is located at the Garfield Sobers Sports Complex, Wildey, St. Michael. A pay-to-swim fee of US\$10/day is the usual charge which is payable to the administrative office upon arrival. The facility has a 50m x 25m pool (10 lanes) and a smaller 25m x 10m shallow pool. Opening hours are: 9:00am – 7:00pm (Note: 3:00pm – 6:30pm is reserved for local Age-Group clubs only). Tel: 429-SWIM.

Public Transportation



All public transport on the island is BBD \$3.50 BBD / US \$1.75 per trip.

Taxi

See below guide for prices

Between Grantley Adams	Barbados Dollars
International Airport and	
(b) Atlantic Shores	\$45.00
(e) Bridgetown	\$74.00
(f) Callenders	\$31.00
(i) Gibbs	\$138.00
(j) Hilton Barbados/Radisson Aquatica	
Resort Barbados/Garrison Savannah	\$69.00
(k) Long Beach	\$37.00
(m) Oistins	\$73.00
(q) Rockley	\$63.00
(s) Sandy Lane/ Holetown/Porters	\$50.00
(t) Silver Sands	\$40.00
(u) Speightstown	\$144.00
(x) St. Lawrence/Dover	\$62.00
(y) The Crane Resort	\$39.00

Bike Training

The roads are used by cyclists, but are narrow and may be bumpy! Roads are not closed to traffic, so you will be riding at your own risk. It is best to avoid early morning and late evening traffic (rush hours: 7:00am – 9:00am & 3:00pm – 6:00pm). Less traffic will be outside of town areas.

Riding the course prior to the event is not permissible by Law.

Run Training



Running on our roads is not recommended. It is best to seek a traffic-free area close to where you are staying. Consult with your hotel Front Desk or one of the members of the Organising Committee.

Safe areas for running with less traffic are; the Sir Garfield Sobers Gymnasium Complex and the Garrison Savannah. Both are located on the South Coast of the Island.

Bike / Run Course Familiarisation

There are no official familiarisations for the bike and run courses as the race-site is an open and busy highway and will not be closed prior to race day. The course cannot be ridden during normal operation as bikes are not allowed on the Mighty Grynner Highway.

Please note that the official Bike & Run courses are otherwise not open for training before the races. The race courses are in general NOT suitable for training except for the Swim course.

Swim Course Familiarisation

You will be able to familiarize yourself with the swimming course on Saturday 6th May (2:00pm – 3:00pm, 1400 Hrs – 1500 Hrs).

Competition Information & Rules

The race will follow the latest published competition rules of World Triathlon (WT).

Elites should be aware that uniforms and bikes will be checked according to WT specifications. Please come with "legal" gear accordingly.

Information about the FOP

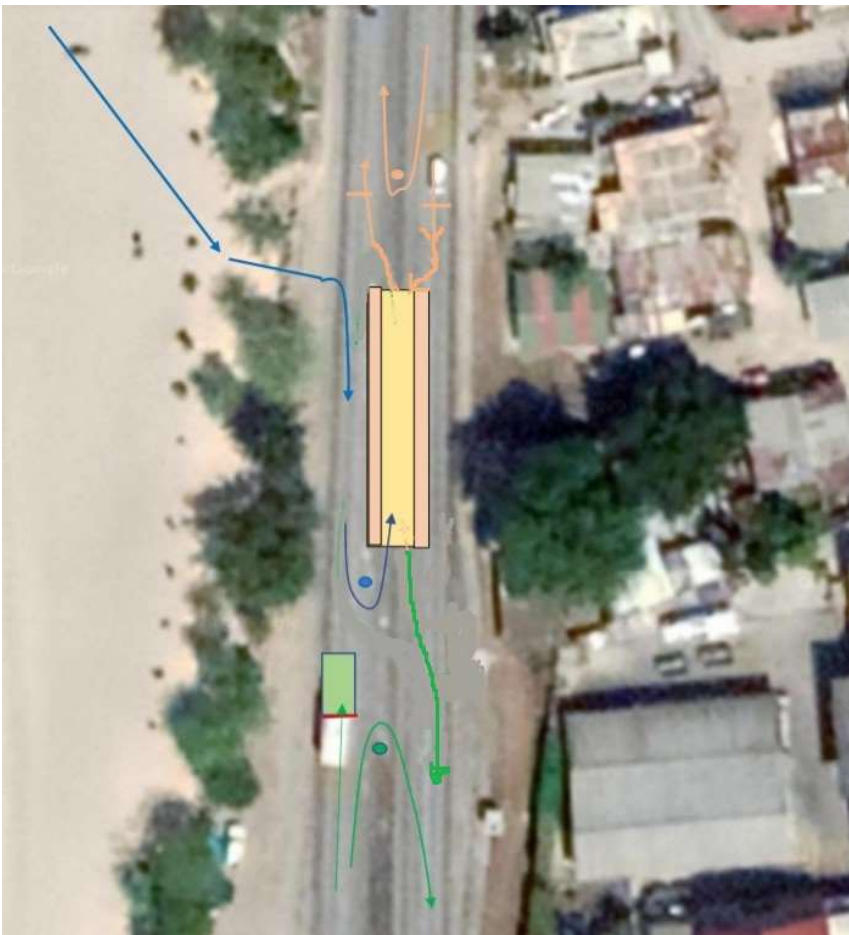
Start

A Start Platform will be located along the beach, approximately 10m from the sea and visible from the Transition Area and the Athletes Lounge/Tent. Access will be via the swim exit chute located on the beach.

Athletes will be required to leave their last-minute gear under the Athletes Tent, approximately 20m from the Start Platform. Security will be assigned.

Transition Area Map

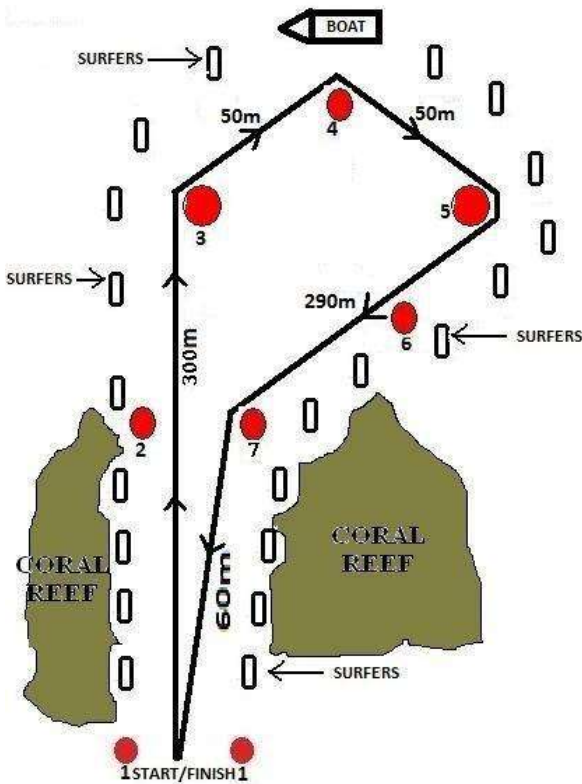
Athletes will need to run approximately 100m – 150m to reach their bike. Most of the surface of the path from the swim exit to the TA Zone will be on sand or Astroturf/carpet.



Swim Course Map

The swim course is a triangular shaped course that runs in a clockwise direction. The course starts and ends directly in front of the tents on the beach. The first turn buoy (#3, right) is at 300 metres. There will be 2 additional right-handed turns (#4 & #5) and the final turn is a left-handed turn (#7), before returning to shore between two #1 buoys. Note: Buoys #2 and #6 are for guidance & safety only and may be passed on either side. It is recommended however, that you pass them on your left shoulder to avoid the coral reefs.

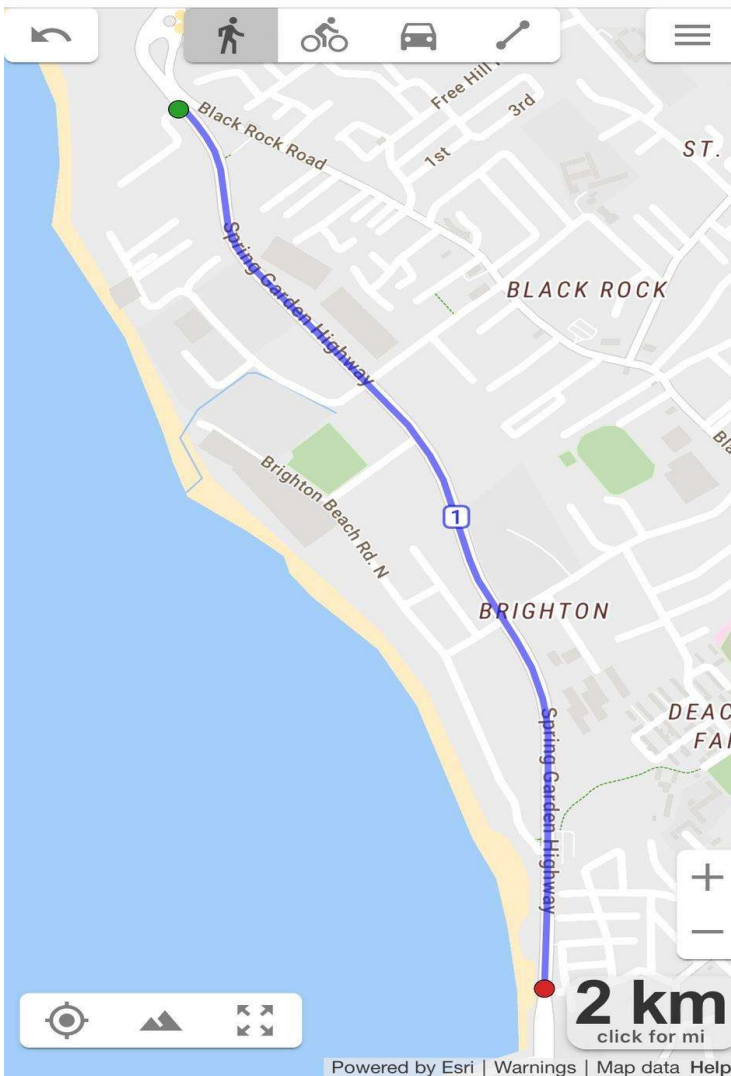
The complete perimeter of the course will be patrolled by marshals on SUP boards, surf boards, kayaks, and there will also be a boat on the course.



Bike Course Map

The bike course is a 5 lap, 4km lap course. The course follows a flat portion of the Mighty Grynner Garden Highway (MGH) with a small hill/incline (approx. 25m above sea-level) at the North turn.

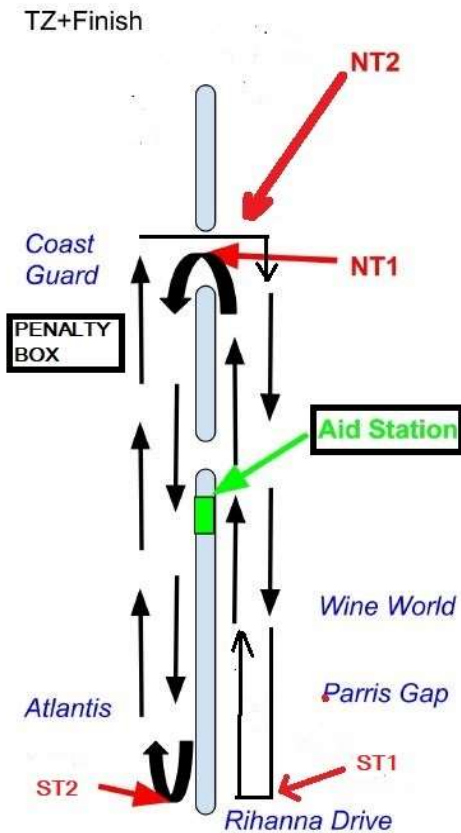
The bike course will be closed to vehicular traffic and will be marshalled by the Police.



Run Course Map

The course is a flat 2-lap course on the same portion of the MGH as the bike course. Each lap is 2.5km. Each lap consists of 4 x 625m lengths up and down the highway. There will be distance markers indicating the distance “to the Finish”.

The run course will be closed to vehicular traffic and will be marshalled by the Police.



Wheel Stations



There will be one-wheel station on the bike course which will be located approximately at the south bike turn. You must provide your own wheel(s) suitably labelled.

Penalty Box

The penalty box will be situated approximately 150 metres **before** the TA zone & finish line.

Aid Stations

There will be one water station (bottled water) on the course (during the run) that will be situated approximately mid-point on the loop. The water station can be accessed from both directions of the run course. Bottled water & Powerade will be available also at the finish line. Fruits & food will also be available to athletes in the Athletes Tent after the race.

Litter Zone

A litter zone will be implemented around each aid station. The litter zone will begin 80m before the aid station and end 80m after the aid station. Dropping litter outside the litter zone can result in a penalty.

Weather Conditions

Expected weather conditions – Saturday 6th May 2023

The sun will rise in **Bridgetown** at 5:35 am and sunset will be at 6:14 pm.

Low tide will be at 3:15 am

High tide will be at 7:02 pm

Expected weather conditions – Sunday 7th May 2023

The sun will rise in **Bridgetown** at 5:35 am and sunset will be at 6:14 pm.

Low tide will be at 3:59 am

High tide will be at 7:52 pm



There will be 11 hours and 21 minutes of sun.

<https://www.tidetime.org/central-america/barbados/bridgetown-calendar-may.htm>

Results

Unofficial Results will be posted under the Athletes Tent, as soon as possible, after each race.

Official Results will be uploaded at the WT's official website: www.triathlon.org

Protests & Appeals

Standard procedures will be followed according to the WT Competition Rules.